

Linton Infants RSE & PSHE Progression Document |

Health and Wellbeing

Pupils learn:

Health and prevention

EYFS: Ways that we can take care of ourselves. Importance of eating a colourful diet.

Y1: Learning how to wash hands properly and dealing with an allergic reaction.

Good hand hygiene slows the spread of germs. The five S's for sun safety: slip, slop, slap, shade, sunglasses.

Food allergic reactions

Y2: The effect that food and drink can have on my teeth.

Physical health and wellbeing

EYFS: How exercise affects different parts of the body. Exercise is moving our body.

Y1: Positive sleep habits. How sleep repairs the body and helps us to grow.

Y2: Importance of a healthy balanced diet

Mental Wellbeing

EYFS: How I and characters within a story may be feeling. Coping strategies to help regulate emotions. Facial expressions and identifying the different feelings they can represent. Exploring ways to moderate behaviour, socially and emotionally and challenge when problem solving

To know that I am a valuable individual who can learn from my mistakes.

Y1: Identifying different ways to manage feelings.

To know that strengths are things we are good at.

To know that qualities describe what we are like and words to describe some positive and negative emotions

Y2: Different emotions. Developing empathy. Exploring the need for perseverance and developing a growth mindset (being positive about challenges).

Families and Relationships

Pupils learn:

Family

EYFS: About people that hold a special place in my life

Y1: Exploring how families are different to each other. Families look after us. Relationship vocabulary. What personal information is.

Y2: Ways to show respect for different families.

Families can be made up of different people. They might be different to my family.

Friendships

EYFS: Strategies to help when sharing with others (e.g. toys). Exploring what makes a good friend.

Allowing others to feel involved in activities.

Y1: Exploring how friendship problems can be overcome and friendly behaviours. Characteristics of a positive friendship and how to overcome problems.

Y2: Understanding difficulties in friendships and necessary actions. Understanding what a serious friendship problem is.

Respectful Relationships

EYFS: Thinking about what it means to be a valued and unique person. Perspectives and feelings of others. Team work.

Y1: That stereotyping is when people think of things as being 'for boys' or 'for girls' only.

Y2: Exploring the conventions of manners in different situations. What good manners are.

Change and loss

Y2: Exploring how loss and change can affect us and how we remember people/ events.

Safety and the changing body

Pupils learn:

Being safe (including online)

EYFS: Considering why it is important to follow rules. Being a safe pedestrian. Rules are in place to keep us safe

Y1: To know that some types of physical contact are never appropriate.

Y2: The concept of privacy and PANTS rule. How to stay safe online and telling an adult. To understand the difference between secrets and surprises.

Drugs, alcohol and tobacco

Y1: Learning what is and is not safe to put in or on our bodies. To ask an adult if unsure.

Y2: What people can do to feel better when they are ill. Learning how to be safe around medicines.

To know that medicine can help us when we are ill. Only take medicines with parental permission.

The changing adolescent body

Y2: To know the names of parts of my body including private parts.

Basic first aid

Y1: Practising making an emergency phone call.

To know that an emergency is a situation where someone is badly hurt, very ill or a serious accident has happened. To know that the emergency services are the police, fire service and the ambulance service.

Economic Wellbeing

Pupils learn:

Y1: Discussing what to do if we find money. Exploring choices people make about money.

To know that coins and notes have different values. To know some of the ways children may receive money. To know that it is wrong to steal money.

Y2: Identifying whether something is a want or need. Recognising that people make choices about how to spend money. To know some of the ways in which adults get money. To know the difference between a 'want' and 'need'. To know some of the features to look at when selecting a bank account.

Citizenship

Pupils learn:

EYFS: Beginning to understand why rules are important in school and why they keep everything fair, safe and enjoyable for everyone. That we all have similarities and differences and that make us special. To know that we all have different beliefs and celebrate special times in different ways.

Y1: Recognising why rules are necessary. Exploring the differences between people. School rules and differences in people.

Y2: Explaining why rules are in place. Learning how to discuss issues of concern to me. To know some of the different places where rules apply. To know that some rules are made to be followed by everyone and are known as 'laws'. To understand that everyone has similarities and differences.